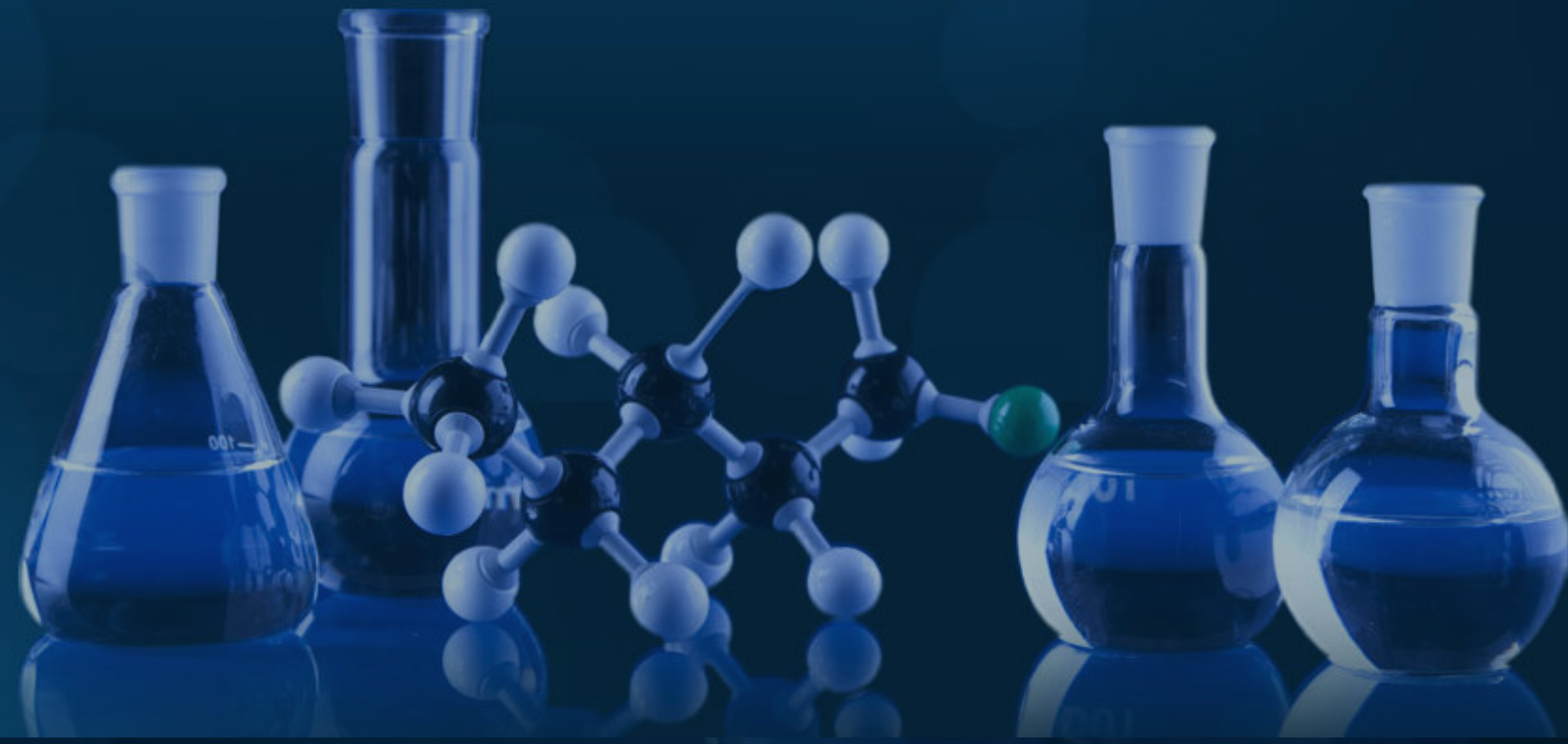




## ARL is an Authority on Nutrition and the Science of Balancing Body Chemistry Through Hair Tissue Mineral Analysis!

Hair Tissue Mineral Analysis



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# Boron

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### Sources Of Boron

Leafy vegetables, fruits, nuts, legumes, wine, cider and beer

### Functions In The Body

- Increases production of estrogen and testosterone
- Helps prevent osteoporosis and post-menopausal symptoms
- May be necessary for growth (animal experiments)

### Hair Analysis Notes

Significance in the hair is unknown



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The preceding statements have not been evaluated by the  
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